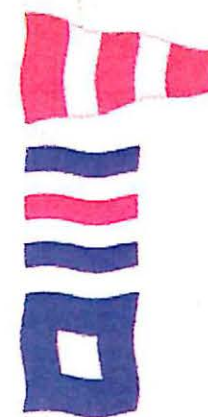
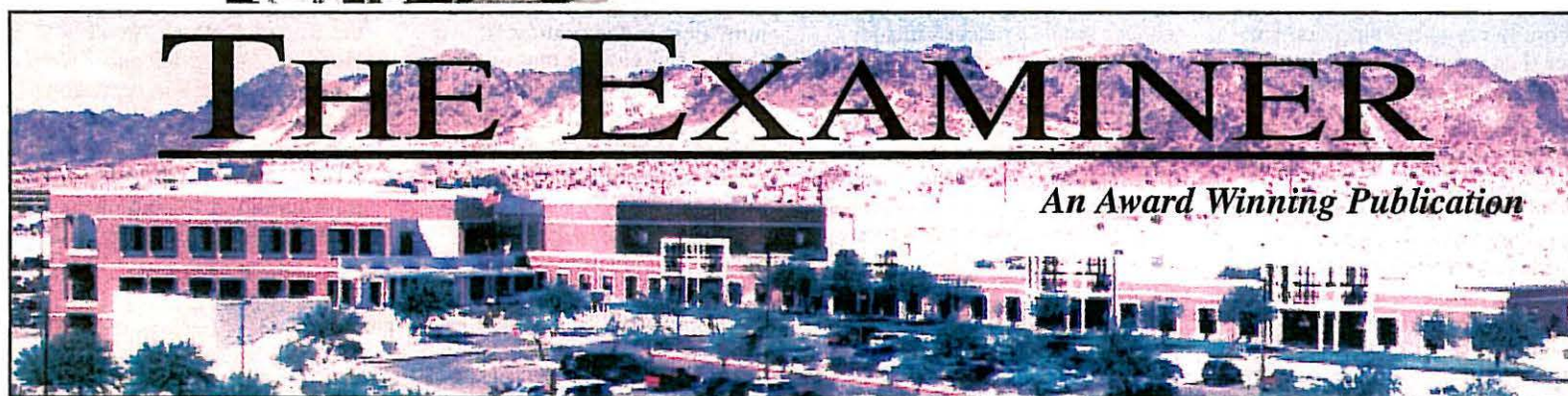


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Robert E. Bush Naval Hospital Change of Command



Captain Robert J. Engelhart

A traditional Navy Change of Command will take place today at the Robert E. Bush Naval Hospital, Marine Corps Air Ground Combat Center, Twentynine Palms, Calif., where Captain Robert J. Engelhart, Medical Service Corps, will be relieved by the prospective Commanding Officer, Captain Mark O. Boman, Medical Service Corps.

Engelhart is transferring to Naval Medical Center San Diego where he will work for Commander Navy Medicine West.

Engelhart took command of the hospital

November 21, 2003. Since then, he presided over several important events, and led the hospital to another successful accreditation by the Joint Commission on Accreditation of Health Care Organizations.

Engelhart enlisted in the United States Navy in 1967, entered boot camp in Great Lakes, Ill. in early 1968, and has remained on continuous active duty since.

After completing Hospital Corps School and an initial assignment to the National Naval Medical Center, Bethesda, Md. Engelhart was trained as a Field Medical Service Corpsman at Camp Pendleton. He was then assigned to the 3rd Marine Air Wing, Marine Corps Air Station (Helicopter), Tustin, Calif., and III Marine Amphibious Force, Combined Action Forces, Combined Action Platoon 2-4-7, Republic of Viet Nam as a platoon and company Corpsman.

After his tour in Viet Nam he returned to the United States for assignment and additional training, and after advancing to Chief Hospital Corpsman, Engelhart was commissioned as an Ensign, Medical Service Corps in 1977. His assignments have included various Financial Management tours in Jacksonville and Pensacola Fla., and administrative tours in Naples, Italy and Alameda, Calif.

Other assignments have included Director for Resources and Managed Care Contract Consultant at TRICARE Region 10, Travis



Captain Mark O. Boman

Air Force Base, Calif., and Director of Resources and Contract Management, TRICARE Region 9, San Diego. Engelhart has served as Comptroller and Director for Resources at Naval Medical Centers, Oakland and San Diego, and prior to his current assignment here; he was the Executive Officer, U. S. Naval Hospital, Guantanamo Bay, Cuba and Deputy Force Surgeon, Joint Task Force GTMO.

Engelhart's military awards include the Defense Meritorious Service Medal with two

Continued on page 7

Inside...

Each year in the United States, about 29,000 people learn they have cancer of the oral cavity (the mouth and lips) or the oropharynx (the part of the throat at the back of the mouth). *page 2*

Compelling evidence proves that lifestyle changes (including diet, physical activity, and behavior) prevent or delay major chronic diseases, including cardiovascular disease, cancer, obesity, osteoporosis, and diabetes. *page 3*

The Officer, Civilians and Sailors of the Quarter, for the period from April 1, through June 30, have been selected. *page 5*

TRICARE beneficiaries with diabetes have a new, convenient support tool at their fingertips. *page 6*

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Here's to Your Health...

The Facts About Tobacco and Oral Cancer

By Martha Hunt, MA
Health Promotions
Robert E. Bush Naval Hospital

Each year in the United States, about 29,000 people learn they have cancer of the oral cavity (the mouth and lips) or the oropharynx (the part of the throat at the back of the mouth).

What is oral cancer? Oral cancer is part of a group of cancers called head and neck cancers. Oral cancer can develop in any part of the oral cavity or oropharynx. Most oral cancers begin in the tongue and in the floor of the mouth. Almost all oral cancers begin in the flat cells (squamous cells) that cover the surfaces of the mouth, tongue, and lips. These cancers are called squamous cell carcinomas.

Who's at risk for oral cancer? Doctors cannot always explain why one person develops oral cancer and another does not. However, we do know that this disease is not contagious. You cannot "catch" oral cancer from another person. Research has shown that people with certain risk factors are more likely than others to develop oral cancer. A risk factor is anything that increases your chance of developing a disease.

The following are risk factors for oral cancer. Tobacco use accounts for most oral cancers. Smoking cigarettes, cigars, or pipes; using chewing tobacco;

and dipping snuff are all linked to oral cancer. The use of other tobacco products (such as bidis and kreteks) may also increase the risk of oral cancer. Heavy smokers who use tobacco for a long time are most at risk. The risk is even higher for tobacco users who drink alcohol heavily. In fact, three out of four oral cancers occur in people who use alcohol, tobacco, or both alcohol and tobacco.

People who drink alcohol are more likely to develop oral cancer than people who don't drink. The risk increases with the amount of alcohol that a person consumes. The risk increases even more if the person both drinks alcohol and uses tobacco.

Cancer of the lip can be caused by exposure to the sun. Using a lotion or lip balm that has a sunscreen can reduce the risk. Wearing a hat with a brim can also block the sun's harmful rays. The risk of cancer of the lip increases if the person also smokes.

People who have had head and neck cancer are at increased risk of developing another primary head and neck cancer. Smoking increases this risk. Some studies suggest that not eating enough fruits and vegetables may increase the chance of getting oral cancer. Scientists also are studying whether infections with certain viruses (such as the human papillomavirus HPV) are linked to oral cancer.

Quitting tobacco reduces the

risk of oral cancer. Also, quitting reduces the chance that a person with oral cancer will get a second cancer in the head and neck region. People who stop smoking can also reduce their risk of cancer of the: lung, larynx, mouth, pancreas, bladder, testicular, cervical, kidney, breast, vulva, colorectal, stomach, liver, acute myeloid leukemia (AML), nasal, and esophagus.

Common symptoms of oral cancer include patches inside your mouth or on your lips that are white, a mixture of red and white, or red. White patches (leukoplakia) are the most common and sometimes become malignant. Mixed red and white patches (erythroleukoplakia) are more likely than white patches

to become malignant. Red patches (erythroplakia) are brightly colored, smooth areas that often become malignant.

Other symptoms include: a sore on your lip or in your mouth that won't heal within 14 days, bleeding in your mouth, loose teeth, difficulty or pain when swallowing, difficulty wearing dentures, a lump in your neck, an earache, any wart-like masses, hoarseness which lasts for a long time, or any numbness in the oral/facial region. Individuals that use chewing tobacco are likely to develop cancer in the groove between the lip or cheek and the soft tissue (gum) covering the lower jaw.

If your dentist or doctor decides that an area is suspi-

cious, the only way to know for sure is to do a biopsy of the area. A biopsy is painless, quick ways to determine if the sores are cancerous. It is important to have a firm diagnosis as early as possible.

Naval hospital Twentynine Palms offers tobacco cessation classes to help you give up tobacco. Classes are offered 4 Tuesdays in a row and last for about an hour. Classes are offered at noon and 5:30 p.m., at the Robert E. Bush Naval Hospital. Both NRP and Zyban are offered to aid in cessation. Classes are free to all and you can return as often as you need. Please call 830-2814 for more information or to sign up for the next class.

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The Examiner welcomes your comments and suggestions concerning the publication. Deadline for submission of articles is the 15th of each month for the following month's edition. Any format is welcome, however, the preferred method of submission is by e-mail or by computer disk.

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Medical Service Corps Celebrates 59 Years of Dedicated Service

The Medical Service Corps was formally recognized as a Corps when President Truman signed Public Law 337 on 4 August 1947. The original legislation provided for the Corps to be comprised of four sections: Supply and Administration, Medical Allied Sciences, Optometry and Pharmacy. This Act further authorized the Secretary of the Navy to create such other sections, as necessary, to meet the needs of the service.

Many specialties have become part of the Medical Service Corps through out the years whereas today we have more than 3,200 active duty and reserve officers in thirty two disciplines performing countless duties on multiple platforms continuing the mission which was identified over 59 years ago.

The Robert E. Bush Naval Hospital celebrated this birthday with an Official Cake Cutting at the hospital's quarterdeck and then to a birthday celebration luncheon at the Officer's Club.

You Are In Control of Your Health Because You Are What You Eat

By Lt. Michael Mero, MS, RD
Nutrition Management
Robert E. Bush Naval Hospital

Compelling evidence proves that lifestyle changes (including diet, physical activity, and behavior) prevent or delay major chronic diseases, including cardiovascular disease, cancer, obesity, osteoporosis, and diabetes.

Wow...just a few changes in what you eat and how you live can really aid in one's overall health and well-being! We're not talking about Fad Diets here...we're talking about increasing physical activity and making changes in the consumption of the proportions of the macronutrients: carbohydrates, fat, and protein.

The average diet in the United States for individuals older than 20 years consists of 34 percent kcal from total fat, 49 percent kcal from carbohydrates, 15 to 16 percent kcal from protein, and 2 to 3 percent of kcal from alcohol. Fad Diets usually promote a decrease in the consumption of one macronutrient leading to an increase in another; for example, a low-carbohydrate diet usually results in a higher fat and protein dietary intake. The appropriate diet prescription includes an individualized and appropriate balance of the macronutrients to lead to the

maintenance of a healthy weight.

This article will focus on the relationship of nutrition to chronic diseases: cardiovascular disease, obesity, cancer, osteoporosis, and diabetes.

Cardiovascular Disease and Diet

Cardiovascular diseases leading to heart attacks and strokes are the leading causes of death and disability in the United States and worldwide. The World Health Organization currently attributes one third of all global deaths to cardiovascular disease. This ongoing and increasing health problem underlines the need to improve our communication of improved diet and lifestyle interventions. Disease prevention occurs over a lifetime and, thus, dietary changes need to be maintained to be effective.

The primary dietary factors that prevent cardiovascular disease include diets moderate or low in saturated fat and cholesterol, decreased trans fatty acids, increased omega-3 fatty acids, and shifted sources of fat to more monounsaturated fats. Vitamins decrease cardiovascular risk if patients consume an adequate food intake of antioxidants and dietary vitamins (B12, B6, and folate). In addition, the recommended intake of fruits, vegetables, breads, cereals, nuts, seeds, and other plant foods that provide fiber decrease cardio-

vascular risk. A variety of other foods and food components, such as alcohol and soy protein, have been investigated to decrease cardiovascular risk.

Obesity and Diet

The prevalence of obesity has increased dramatically from 13.4 percent in 1960 to 30.9 percent in 2000 among adults. Poor diet coupled with physical inactivity is the second leading cause of preventable death. It is estimated that 400,000 US deaths in 2000 are attributable to being overweight, having a poor diet, and being inactive.

Obesity is a chronic, multifactorial problem caused by factors over which the individual has no control (i.e. genetics, gender, age, and developmental stages) and those that can be modified for weight loss (i.e. diet, physical activity, medications, environmental contributions, and social considerations).

The increased prevalence of obesity in the US reflects a change in lifestyle patterns influenced by an overabundance of food choices, large portion sizes, and fast foods; industrialization, technology, and conveniences, which decrease opportunities and motivation for physical activity; and a decline in cigarette smoking.

Many types of weight loss and weight management programs are available. It has been estimated that \$30 billion to \$50

billion dollars are spent annually on weight loss gimmicks and remedies. Even with programs that result in weight loss, the results are often short term, and regaining weight is a significant problem for most individuals who initially lose weight.

The key to sustaining weight loss is to adopt permanent diet and physical activity changes. A more conservative means for achieving healthy body weight recommended by the American Dietetic Association's guidelines includes adoption of a healthful eating style with an energy intake that does not exceed expenditure.

Cancer and Diet

The relationship of nutrition and cancer is complex and one that involves mutations or

abnormalities in one's DNA (genetic make-up). Dietary intervention is more effective in the early stages of cancer because diet and lifestyle over a lifetime may determine if there are multiple DNA mutations leading to the development of a precancerous lesion. Dietary interventions may also be effective for preventing recurrence of cancer and risk for other cancers after an initial cancer site has been identified.

National diet recommendations include increases in plant-based foods (especially fruits and vegetables), weight maintenance, regular physical activity, low-fat food choices, and alcohol consumption in moderate amounts. Also, it is recommended not to

Continued on page 7



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Super Stars and Hard Chargers...



Cmdr. Remedios Labrador, Family Practice Clinic, is piped ashore at her recent retirement ceremony.



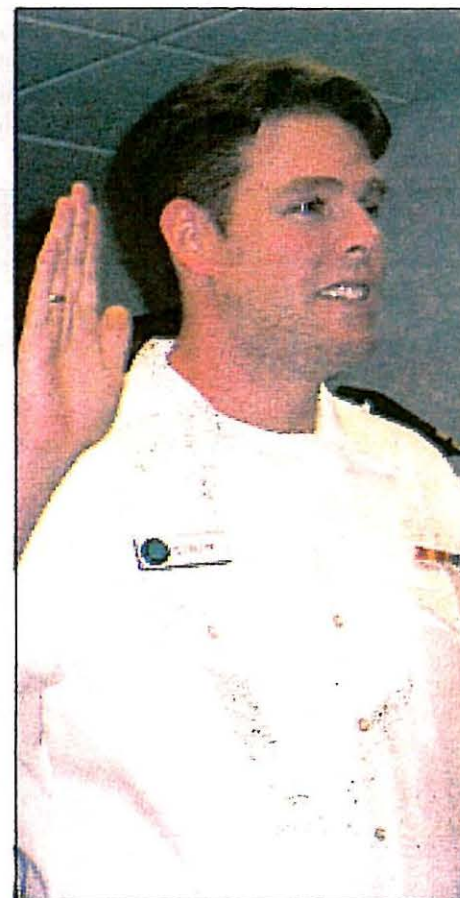
HM2 Dempsey Tomblin, Radiology Department, was awarded the Navy and Marine Corps Commendation Medal.



Cmdr. Jeanmarie Jonston, Director For Administration, was awarded the Navy and Marine Corps Commendation Medal, gold star in lieu of fourth award.



From left to right, HM3 Jessica Salas, Laboratory Department, and HN Jenna Ebele, Adult Medical Care Clinic, received their first Good Conduct Medal; and HM2 Joseph McKeel, Biomed Equipment Repair, was awarded his second Good Conduct Medal.



Lt. Cmdr. Brian Struyk, Surgical Services, takes the oath during his recent promotion ceremony.

Continued on page 7

Hospital Honors Officer, Sailors and Civilians of the Quarter

The Officer, Civilians and Sailors of the Quarter, for the period from April 1, through June 30, have been selected.



Lieutenant Michael Mero, Department Head for both the Nutrition Management Department and the Bachelor Enlisted Housing Department has been selected as the Officer of the Quarter.

His citation reads in part, "You have excelled clinically and administratively, providing leadership and energy to a variety of programs. Your initiative and innovation have transformed the inpatient meal program with the implementation of Room Service, generating accolades from both patients and staff. The nutrition outreach programs you have created have reached diverse patient and community groups. Your efforts and clinical skill have afforded you recognition as one of the most-complimented care providers on the hospital staff. Your expert management has been critical to the Bachelor Enlisted Housing Division in accommodating an influx of additional enlisted staff and improving the quality of life for residents. Your involvement with high visibility command interest items has been the key to their success. You spearheaded the 2006 Navy Marine Corps Relief Society drive, synthesizing a strong marketing plan and reaching 100% of staff. Your membership on three command strategic goal teams and active participation added to the effectiveness of command strategic planning. Your leadership of the

Readiness Goal Team was exemplary, driving your team to success with the development of new readiness reports and initiatives to encompass all areas of the hospital's responsibility."

Petty Officer 2nd Class Christopher J. Demetrulias, Adult Medical Care Clinic has



been named as the Senior Sailor of the Quarter.

His citation reads in part, "As Leading Petty Officer of the Military Sickcall clinic, you pioneered a sick call screener's course to develop the skill of assigned Corpsmen in performing initial assessment and triage of patients presenting for sick call. As the Chairman of the 2006 Hospital Corps Birthday Ball Committee, you coordinated countless fundraising events, earning approximately \$10,000, which resulted in an extremely successful Hospital Corps Birthday celebration that was attended by over 175 guests."



Petty Officer 3rd Class Jamie

L. Wyckoff, Nutrition Management Department has been picked as the Junior Sailor of the Quarter.

Her citation reads in part, "During this time, you consistently performed your duties with the highest degree of pride and professionalism. Your leadership was instrumental in implementing the new and innovative room service menu that allows patients to enjoy a gourmet style meal with 5-star customer service. You planned, coordinated, and provided hands on training to six Culinary Specialist to ensure each of the 21 menu items was prepared meticulously and delivered within 30 minutes. Your efforts resulted in a dramatic increase in patient satisfaction as witnessed by 89 positive customer surveys during the month of May 2006. You also volunteered off-duty hours to assist in the preparation and execution of a Flag Officer visit and a holiday meal while maintaining your skills as an expert cake decorator. Moreover, you consistently volunteered to assume additional duties outside the department as Assistant Duty Driver Watch Bill Coordinator, Command Assessment Team Secretary, Color Guard, and MWR Representative. Your hard charging spirit and enthusiasm are contagious and have allowed you to significantly impact command mission success."



Hospitalman Danny Alvarado, Family Medicine Clinic, has been selected as the Blue Jacket of the Quarter.

His citation reads in part, "As

a member of the Family Medicine Clinic, you consistently performed your duties in a highly professional manner. You displayed excellent initiative by orienting 12 staff members to their clinical roles and responsibilities resulted in greatly enhancing the clinics' capability and quality of health care. As the department Navy and Marine Corps Relief Society representative, you assisted the Command in achieving 100% contact and raised over \$12,000 in contributions. In addition, you devoted over 20 hours of off-duty time volunteering for the MCAGCC Easter Egg Hunt and provided coverage for the "Salute to Troops" concert supporting over 12,000 Marines, Sailors, and family member."



Steve Crowder, Physical Therapy Department, has been named Junior Civilian of the Quarter.

His citation reads in part, "Your contributions to the patient care process have been exemplary. Your expert management of the Physical Therapy scheduling process, and tireless communication effort between different providers, clinics, and patients were instrumental in maintaining access to care for active duty patients despite fluctuating levels of therapist and technician availability. Demonstrating initiative and insight, you identified discrepancies between CHCS I and CHCS II modules and improved data quality and report compliance for your clinic. Despite filling a primarily administrative role, you maintained clinical expertise and participated in

patient rehabilitation activities on a daily basis, directly contributing to timely delivery of care and improved patient flow. You were instrumental in reestablishing the availability of pool therapy services. Additionally, as a former Mental Health Technician, you were selected to assist and lead the Mental Health Service's Post-Deployment Stress Group sessions weekly, facilitating the existence of this valuable program. Your compassion, spirit of volunteerism, and can-do attitude serve as an example to your co-workers."



Dan Barber, Public Affairs Officer, has been selected as the Senior Civilian of the Quarter.

His citation reads in part, "A 10-year dream-come-true for you, your efforts preparatory the arrival of Reserve Staff Support resulted in the production of our new Command Video, a professional level recruiting and welcome aboard tool. Your preliminary collaboration effort with the base media, this reservist, and multiple local organizations is conservatively estimated to have saved \$25,000. Your leadership in Navy Medicine West efforts to standardize Command Web Sites in the region has already become evident as you provide expertise and experience to the planning of that group. You continue to provide marketing guidance to members of various event committees and provide professional grade posters in support of these events."

TRICARE Beneficiaries Dialed in for Diabetes Support

By TriWest Healthcare Alliance

TRICARE beneficiaries with diabetes have a new, convenient support tool at their fingertips.

TriWest Healthcare Alliance has launched a new phone-in support group forum in response to suggestions from TRICARE beneficiaries who spotted the need for diabetes support.

"People who have had diabetes for a long time have expressed a need for a forum where they can discuss their feelings about having diabetes," said Kathi Sobera, director of TriWest's Population Health Improvement department. "This program is free to eligible beneficiaries under the age of 65, regardless of their benefit plan or other services they may be receiving."

The diabetes support group is open to beneficiaries and family members. Up to 15 people can participate per session. To enroll, call toll-free to 1-888-259-9378 and ask for the Diabetes Forum. The forums are held at 10 a.m. on the first Thursday of the month and at 4 p.m. on the third Thursday (times are Mountain Time).

The program encourages participants to speak openly and honestly about their experiences with diabetes and is facilitated by its developer, Jackie Magyar, a dietitian and a certified diabetes educator.

"This program provides a safe environment for beneficiaries with diabetes to share how their disease affects their lives and share experiences with others going through the same thing," Magyar said.

Future plans for this program include adding guest speakers to address specific questions and providing more sessions throughout the month.

Diabetes Warning Signs

The symptoms of type 1 diabetes may include:

- * Increased thirst.
- * Increased hunger (especially after eating).
- * Dry mouth.
- * Frequent urination.
- * Unexplained weight loss (even though you are eating and feel hungry).

- * Fatigue (weak, tired feeling).
- * Blurred vision.
- * Headaches.

Loss of consciousness (rare). Type 2 diabetes is usually not diagnosed until complications have occurred. Most often, there are no symptoms or a very gradual development of the above symptoms. In fact, about a third of all people who have type 2 diabetes don't know they have it. When hyperglycemia (high blood sugar) occurs, the symptoms can be the same as those listed above.

Other symptoms of type 2 diabetes may include:

- * Slow-healing sores or cuts.
- * Itching of the skin (usually

around the vaginal or groin area).

- * Frequent yeast infections.
- * Recent weight gain.
- * Velvety dark skin changes of the neck, armpit and groin, called acanthosis nigricans.
- * Numbness and tingling of the hands and feet.
- * Decreased vision.
- * Impotency.

Visit www.triwest.com for more information.



Walter Reed Commander to Join TriWest Healthcare Alliance

PHOENIX (July 25, 2006) ... TriWest Healthcare Alliance today announced that the retiring commander of Walter Reed Army Medical Center, Major General Kenneth L. Farmer Jr., M.D. will become the company's Executive Vice President and Chief Operating Officer in the fall.

"Major General Farmer comes to us with an illustrious career in military medicine and will contribute substantially to our continued success in fulfilling our mission of partnering with the military health system in meeting the needs of those who sacrifice so much in service to all of us," said President & CEO David J. McIntyre, Jr. "He is no stranger to our Region, as his career has included a number of critical assignments in the west, the most recent of which was as the Commanding General of the Army's Western Regional Medical Command headquartered at Madigan Army Medical Center in Tacoma and the Lead Agent for then TRICARE Region 11."

General Farmer is a family practice physician, with vast leadership experience across the Military Health System, including past service as the Deputy Surgeon General of the Army. In addition to his command of Walter Reed, he also serves as commander of the North Atlantic Regional Medical

Command and he has led the integration of the National Capital Area joint military health system. He received his specialty training at Eisenhower Army Medical Center and Madigan Army Medical Center.

"As I embark on the next phase of my career, I am very pleased that I will be joining TriWest Healthcare Alliance. Not only will it afford me the opportunity to continue to be of service to our nation's military family, but I am joining a great organization that shares the same values and focus as the great organization from which I come," stated Farmer.

"Dr. Farmer's experience and reputation are outstanding, he knows our Region, and I believe he is the right fit for our team as we get prepared for and achieve continued success in the next generation of our operation," added McIntyre. "His significant career and accomplishments attest to the fact that Ken is a student of detail, he is customer focused, and he is collaborative by nature. These traits will serve him well as he supports our continued quest to achieve consistent operational excellence while also developing and deploying the roadmap for continued success."

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(Attendance is strongly recommended but not required to take the full class.)

Class Details

- * A 2-hour class each Wednesday evening for eight weeks, beginning Aug. 23 and ending Oct. 11, 6:00-8:00 p.m. Helen Gray Education Center
- * All-day session - Saturday, October 7
- * Cost = \$185.00 (includes cost for course materials)
- * Pre-registration required (call 760-369-3315)



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Change of Command...

Continued from page 2

oak leaf clusters, Meritorious Service Medal with two gold stars, Joint Service Commendation Medal, Navy Commendation Medal with gold star, Navy Achievement Medal with Combat Distinguishing Device and gold star, Air Force Achievement Medal, Combat Action Ribbon, Good Conduct Medal with two stars and various unit, campaign and service awards.

Engelhart has earned a Bachelor of Business Administration from the University of North Florida, and a Master of Science, Business Administration from Boston University. He is a member of the Healthcare Financial Management Association and Diplomate (CHE), American College of Healthcare Executives.

The prospective Commanding Officer, Captain Mark O. Boman, comes to the Robert E. Bush Naval Hospital as its eighth Commanding Officer, from a two-year tour of duty as Commanding Officer, Fleet Hospital Bremerton and Executive Officer, Naval Hospital, Bremerton, Wash.

Commissioned as an Ensign in the Medical Service Corps in 1981, Boman was initially assigned to Naval Hospital, Oakland, Calif., where he served as Head, Manpower Management Department.

Subsequent assignments included Administrative Officer, Navy Disease Vector Ecology and Control Center, Naval Air Station, Alameda; Company Commander, Headquarters and Service Company, 1st Dental Battalion; Company Commander, Bravo Medical Company and Operations and Training Officer, 1st Medical Battalion, 1st Force Service Support Group, Camp Pendleton; Administrative Officer and Training Officer, Field Medical Service School, Camp Pendleton; Medical Placement Officer, Bureau of Naval Personnel, Washington,

D.C.; Director for Hospital Administration, U.S. Naval Hospital, Rota, Spain; Navy Medical Service Corps and Dental Corps Officer Community Manager, Deputy Chief of Naval Operations (N1) Washington, D.C.; Director, Officer Indoctrination School, Newport RI; and Director for Administration, Naval Medical Center, San Diego. At his last duty assignment, Boman served concurrently as Commanding Officer, Fleet Hospital Bremerton and Executive Officer, Naval Hospital, Bremerton, Wash, from July 2004 to July 2006.

Boman holds a Bachelor of Science Degree in Health Care Administration from San Diego State University and a Master of Science Degree in Human Resources Management and Development from Chapman University. He is a 1992 graduate of the Marine Corps Command and Staff College, Quantico, Va., and served as the European Theater Assistant Specialty Leader for Navy Medical Service Corps Health Care Administrators from 1995 to 1997.

Boman's personal awards and decorations include the Legion of Merit, Meritorious Service Medal (with two gold stars), Navy and Marine Corps Commendation Medal (with four gold stars), Navy and Marine Corps Achievement Medal (with two gold stars), Navy Unit Commendation (with one bronze star), Meritorious Unit Commendation (with one bronze star), Navy Good Conduct Medal, Fleet Marine Force Ribbon, National Defense Service Medal (with bronze star), Global War on Terrorism Service Medal, Navy and Marine Corps Overseas Service Ribbon (with two bronze stars), and Expert Pistol Qualification Ribbon. He received the Commander in Chief, U. S. Naval Forces, Europe, Officer Leadership Award in 1996.

You Are What You Eat...

Continued from page 3

eat charred food or food that has been cooked directly over a flame. The dietary factor with the highest overall risk for cancer is excessive calorie intake from all food sources.

Prevention of chronic disease with dietary intervention is one tool in the arsenal of lifestyle changes that combine to effectively improve disease risk. Dietary treatment of the diet-related chronic diseases of cardiovascular disease, cancer, obesity, osteoporosis, and diabetes improves morbidity, mortality, and quality of life. Prevention efforts for children need to be increased if the potential benefits of healthy lifestyles are to be realized.

If you have any questions, please speak with your PCM or a Registered Dietitian. They have the medical knowledge to assist you if you desire to make lifestyle changes to prevent your risk of certain chronic diseases.



Super Stars and Hard Chargers...

Continued from page 4

Those receiving awards, but unable to attend the July

Awards Ceremony are:

Lt. Anne Lopez, Adult Medical Care Clinic, received a Navy and Marine Corps Achievement Medal.

HM3 Estrella Montes, Laboratory Department, received a Navy and Marine Corps Achievement Medal.

HM3 Kristine Obedoza, Pharmacy, received her first Good Conduct Medal.

CSSN Ruben Dominguez,

Bachelor Enlisted Quarters, received his first Good Conduct Medal.

HM3 (SW) Philip Aldous F. Consolacion, Adult Medical Care Clinic, received his first Good Conduct Medal.

HM3 Justin Dalton, Laboratory Department, received his first Good Conduct Medal.

HM3 Sabrina Hall, Multi-Service Ward, received her first Good Conduct Medal.

HM2 Maria Drew, Surgical Suite, received her second Good Conduct Medal.

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Hail and Farewell

Welcome Aboard

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Capt. D. Johnson
Cmdr. J. Jonston
Cmdr. T. Peterson
Lt. Cmdr. W. Warner
Lt. Cmdr. R. Benfield
Lt. W. Johnson
Lt. M. Perkins
Lt. K. Castleton
Lt. R. Archambault
Lt. M. Mathis
Lt. E. Palmer
Lt.j.g. D. Wright
Lt.j.g. L. Wright
Ensign S. Bishop
HMCS L. James
HMC B. Cabarloc
HMC V. Isarraraz
HMC M. Zurek
CSC A. Garcia
HM2 B. Carrillo
HM2 A. Escobal
HM3 F. Reyes
HN Cohran
HM M. Carter
HN J. Schiwart
HN E. Hudson
HN S. Ocumoro
HN M. Young
HA L. Acaira
HA J. Harris
HA G. Wynn
HA D. Scott

HA J. Crain
HA B. Lemery
HA E. Torres
HR D. Guimond
HR G. Ogden
HR J. Vance
HR M. Saavedramarquez
HR D. Hamby

Farewell

Capt. R. Engelhart
Cmdr. R. Labrador
Cmdr. A. Frysleie
Cmdr. B. Wipperman
Lt. Cmdr. Haug
Lt. Cmdr. M. Sheldrake
Lt. A. Marengo
Lt. W. Sauve
Lt. D. Byers
Lt. A. Lopez
Lt. M. Stiles
Lt. C. Benedetto
HMC A. Ocampo
SK1 C. Bailey
HM2 G. Aleman
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HM2 S. Ochoa
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Champions...



The over 30 Robert E. Bush Naval Hospital Basketball Team, from left to right, Lt. Michael Mero, CSI Cliffon Logan, Lt. Tim Brender, HM2 Dempsey Tomblin, Lt.j.g. Neil Cascardo, and HM1 Ubaldio Llanos, present the Championship Trophy to Captain Robert J. Engelhart, far right, Commanding Officer of the hospital.

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